

emily lightly



The Goals with Intention Workbook

a simple guide to help you
identify, plan, & achieve
meaningful goals

EMILYLIGHTLY.COM

Introduction

Dear reader,

Thank you so much for downloading my **Goals with Intention** workbook. Also, thank yourself for committing to identifying, planning, and achieving meaningful goals!

This workbook is a guide to help you through each step of the goal-setting process.

First, there are **five exercises** that will help you identify and prioritize goals that will lead you to a more meaningful and fulfilling life.

After the exercises, there is a **goal planning & tracking sheet** which you should copy and use for each individual goal that you set for yourself.

Setting goals that are **specific, realistic**, and **achievable** is imperative to your success. And, remember to strive for progress, not perfection. But don't worry, this workbook will walk you through each step of the way!

Are you ready to work towards living the life you've always imagined? Let's get started!

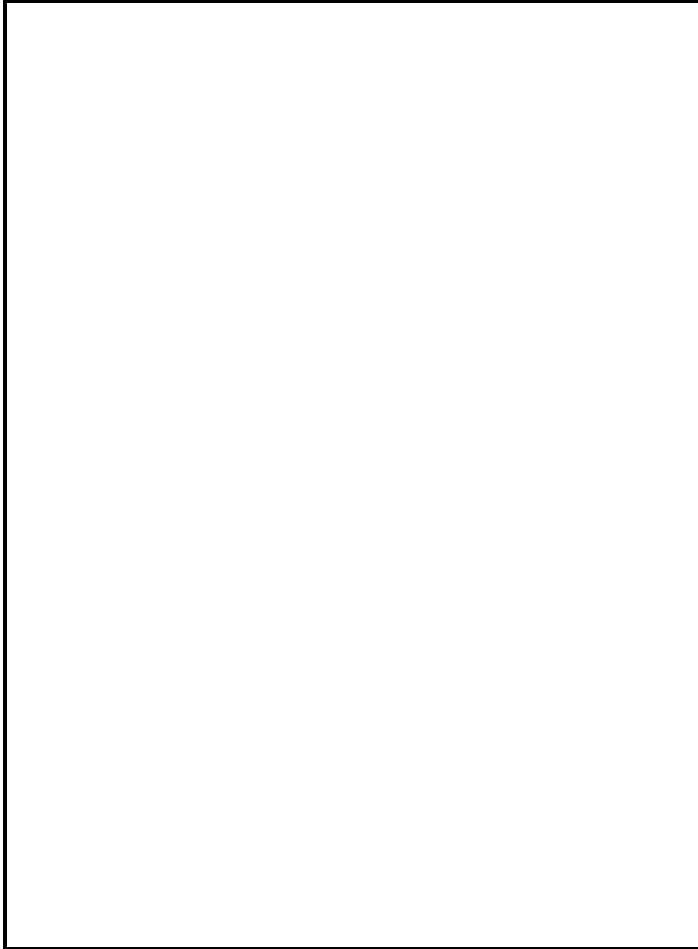
po, Emily

P.S. For additional information on completing the exercises, I recommend reading my article found here: <https://wp.me/p93ovX-bO>

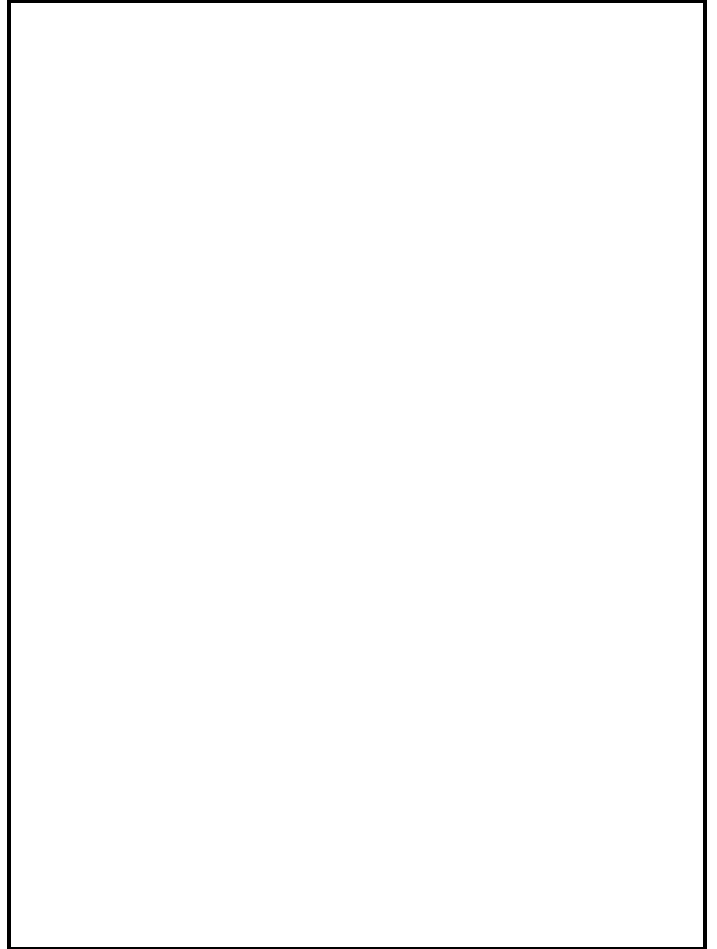
Exercise 1: Two Lists

In the spaces below, make a list describing aspects of your current life (such as career, relationships, etc.). Then describe those same aspects, but in your **ideal life**. How do they differ? Think about goals that would help you close the gap between these two realities.

Current Life



Ideal Life



Inconsistencies



Exercise 2: Visualize Your Ideal Life

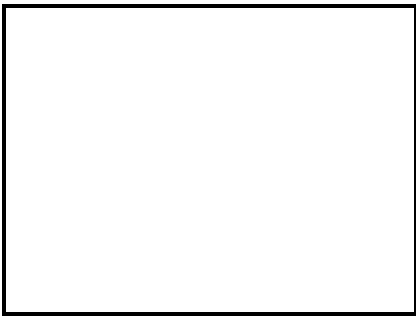
Sit or lie in a comfortable position, close your eyes, and imagine a regular day in your life if you were living your ideal life. Focus on what steps you took to get there and how it finally feels to be living the life you've always imagined. Then, write it down as if it were a diary entry for a day in your life. Refer back to this when you need some extra motivation.

A Day in your Ideal Life

Exercise 3: Problems & Solutions

First, write down what you see as a 'problem' in your life – any aspect of your life that you're not fully happy with or that is causing you stress or other negative emotions. Next, brainstorm and write down every single solution that you can think of for that problem. Try to keep them realistic. Determine which solution works the best for you and set that one as your goal.


Problem



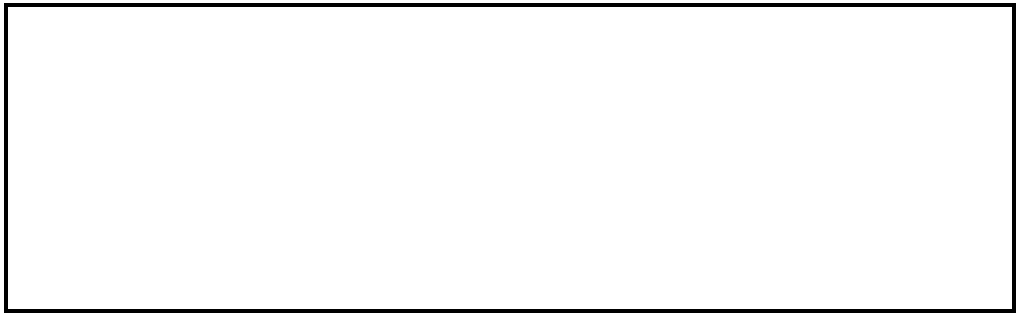
Solutions



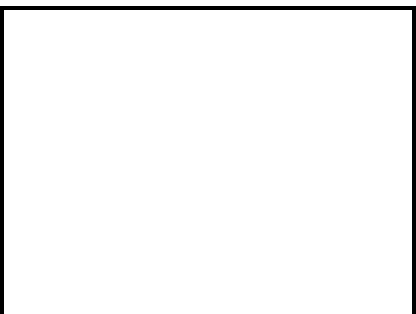
Problem



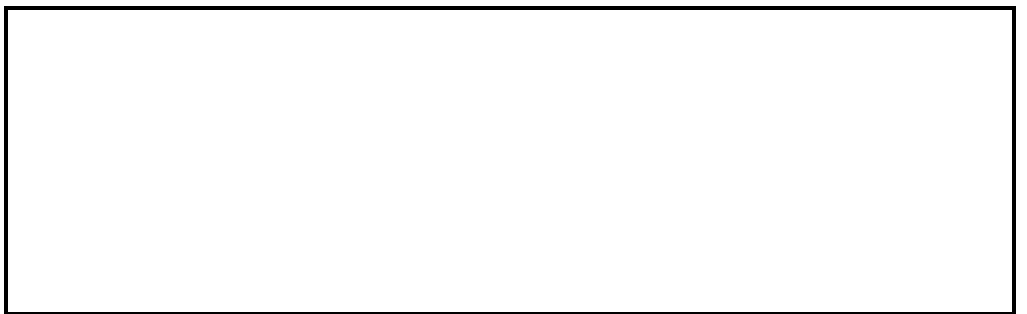
Solutions



Problem



Solutions



Exercise 4: Proof

Think of a goal you have and consider what kind of 'proof' you'd need in order to say you achieved it. What is the criteria - in other words, how will you know when you've reached your goal? This will help you set **measurable** goals and also clarify what steps you need to take to achieve them.

General Goal

Proof (this becomes your goal)

Example: Let's say your general goal is to improve your writing. What proof would you need to say you'd done this? Maybe you'd like to have spent at least 1 hour a day, every day working on writing exercises. Or maybe it's that you successfully had an article published. Instead of your goal being very general (improve writing skill), it is now very specific and achievable: practice writing for an hour each day.

Exercise 5: Areas of Your Life

Consider how fulfilled you are in each area of your life. In each one, write down what makes you happy and fulfilled, what you're grateful for, & what you wouldn't want to change. Now think about what might be missing from that area of your life. This will help you determine where to **focus** your goals.

Health (physical,
emotional)

Family &
Relationships

Finances

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Travel

Career / Education

Hobbies & Skills

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Personal
Development

Other:

Other:

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Goal Planning & Tracking Worksheet

Tip: Fill out this page once for each goal that you set.

Goal

Remember: Specific, Realistic, Achievable

Category:
e.g. Health, Career

Target Date:

Milestones / Check-ins

Use this space either to mark down important milestones you want to hit on your way to achieving your goal, or check in on your progress on a regular basis.

Date:

Notes:



Date Achieved:

Congratulations!

Notes & Next Steps